

Hawaiian Shrimp Kabobs

These colorful, low-in-fat kabobs are a perfect choice for easy summer entertaining.

INGREDIENTS:

1 can (6 ounces) pineapple juice
1/3 cup packed brown sugar
4 teaspoons cornstarch
1 tablespoon rice vinegar
1 tablespoon reduced-sodium soy sauce
1 clove garlic, minced
1/4 teaspoon ground ginger
1 medium-size green bell pepper
1 medium-size red bell pepper
1 medium onion
1 cup fresh pineapple chunks
1 cup fresh mango or papaya chunks (1 mango, peeled, cut into bite-size pieces)
1 pound raw large shrimp, peeled and deveined
2-1/2 cups hot cooked white rice
Red onion rings and fresh herb sprigs (optional)

PREPARATION:

1. For sauce, combine juice, sugar, cornstarch, vinegar, soy sauce, garlic and ginger in saucepan. Cook over medium-high heat until mixture comes to a boil and thickens, stirring frequently; set aside.
2. Preheat broiler. Cut peppers and onion into 1-inch squares. Thread peppers, onion, pineapple, mango and shrimp onto 10 metal skewers. Place kabobs in large glass baking dish. Brush reserved sauce over kabobs.
3. Spray rack of broiler pan with nonstick cooking spray. Place kabobs on rack. Broil, 3 to 4 inches from heat, 3 minutes. Turn and brush with sauce; discard any remaining sauce. Broil 3 minutes more or until shrimp turn pink and opaque. Serve with rice. Garnish with onion rings and herbs, if desired.

Servings: 5